






The Orchard Nursery – Three Weekly Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 	Lunch	Tuna and sweetcorn pasta with garlic bread	Margarita pitta pizza slice with herby potatoes and cucumber and peppers	Chicken & vegetable curry with rice & poppadum's	Cottage pie and broccoli	Sausages, baked beans and crispy potatoes
	Dessert	Fruit Yoghurts	Orange Jelly	Watermelon slices	Strawberry whip	Homemade Carrot cake
	Vege Option	Quorn and sweetcorn pasta		Quorn & vegetable curry	Quorn pie	Quorn sausages
	Tea	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	Toast with a selection of toppings, cheese, marmite, cheese spread, pate & mixed fruit salad	Bagels with a selection of toppings, cheese, marmite and pate & mixed fruit salad
WEEK TWO 	Lunch	Breaded chicken, couscous with vegetables	Cheese, pepper and sweetcorn pasta with garlic bread	Fish fingers, baked beans, and potatoes	Sweet and sour chicken noodles and prawn crackers	Meatballs in tomato and basil sauce, potatoes & broccoli
	Dessert	Fruit yoghurt	Strawberry jelly	Melon slices	lemon sponge	Fruit and Ice cream
	Vege Option	Quorn nuggets		Vegetable fingers	Veg sweet and sour	Cheese & onion crisp bakes
	Tea	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Crumpets with a selection of toppings, cheese, marmite and pate & fresh fruit salad	Toast with a selection of toppings, cheese, marmite, cheese spread, pate & fresh fruit salad
WEEK THREE 	Lunch	Jacket potatoes, cheese & beans	Spaghetti bolognese with garlic bread	Spanish chicken, rice & flat bread	Fish cakes with broccoli and new potatoes	Chilli con carne, rice and tortillas
	Dessert	Melon slice	Homemade raspberry sponge	Fruit yoghurt	Fruit and custard	Blackcurrant jelly
	Vege Option		Quorn & veg pasta	Quorn balls in sauce	Mozzarella, mushroom & spinach bakes	Vege chilli
	Tea	Toast with a selection of toppings, cheese, marmite, cheese spread, pate & fresh fruit salad	Selection of wraps with ham, cheese, marmite or cheese spread & choice of cucumber, carrots or peppers	bagels with a selection of toppings, cheese, marmite and pate & fresh fruit salad	Selection of crackers with cheese, marmite or pate & choice of cucumber, carrots or peppers	Sandwiches on brown bread with ham, cheese, marmite or cheese spread with choice of cucumber, carrots or peppers

Water is readily available throughout the day.

A variety of fruits, crackers and rice cakes are offered at morning snack, as well as milk. Diluted fruit juice is offered at afternoon tea.

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

Foods are an appropriate texture for infants' age (eg pureed, mashed, lumpy, chopped or finger foods)